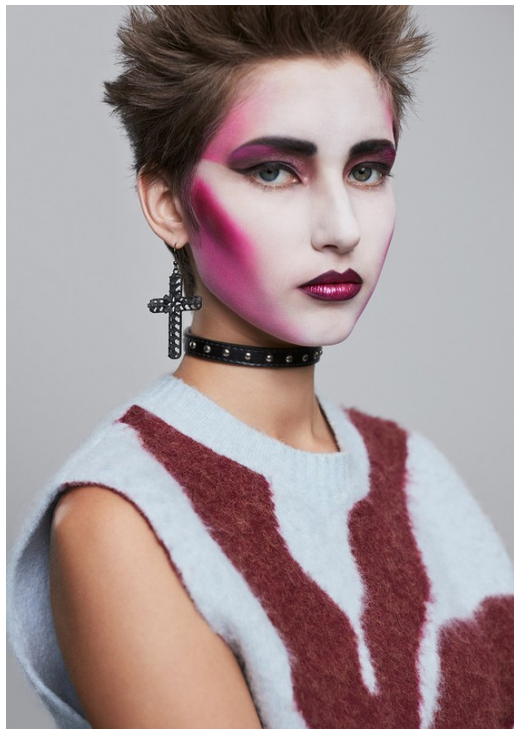


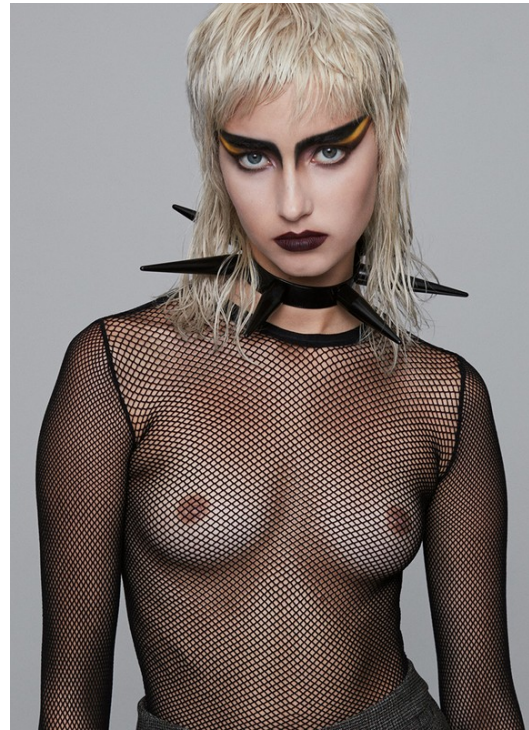
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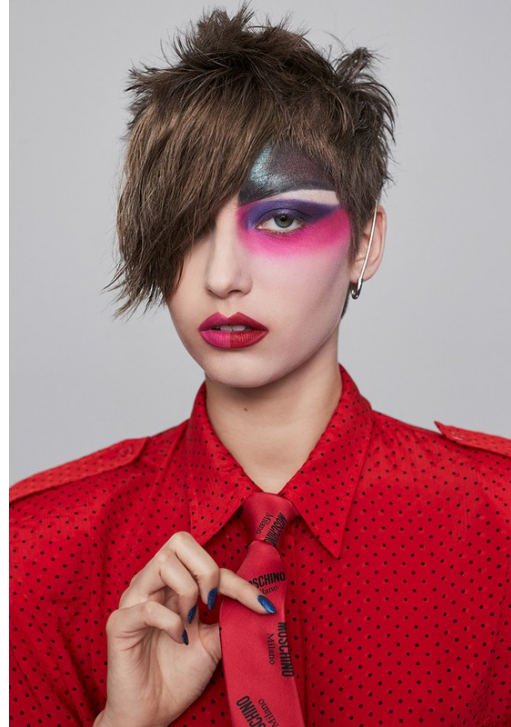
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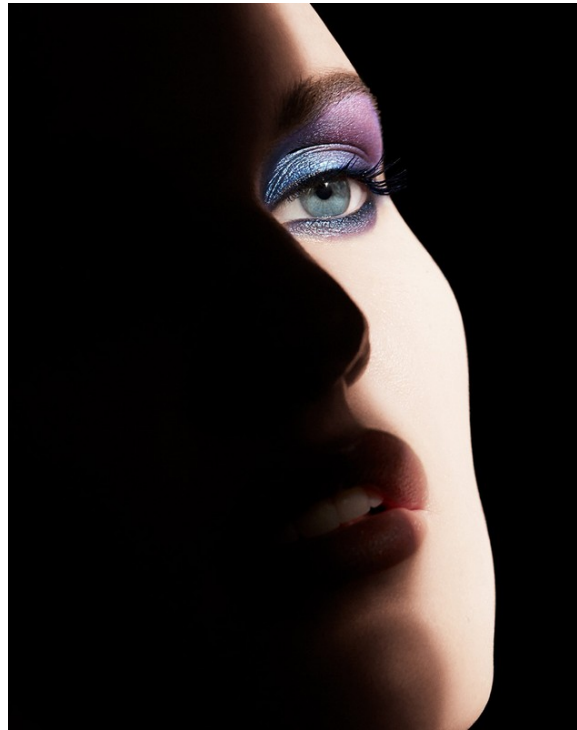
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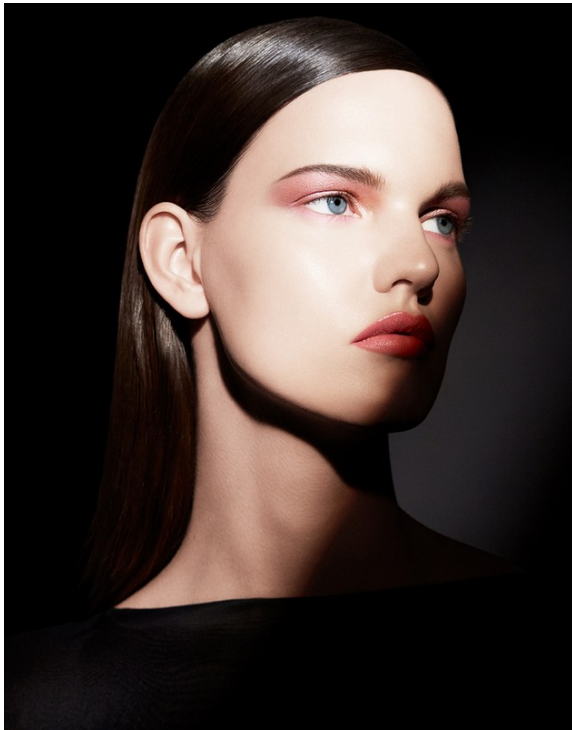
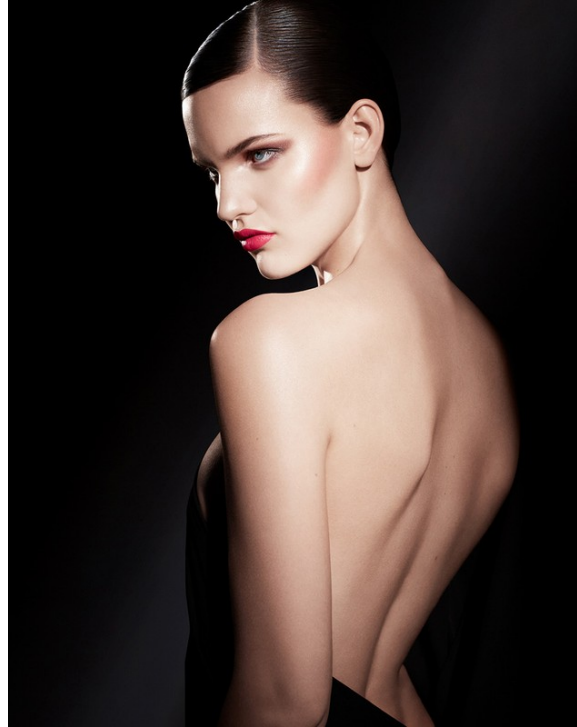
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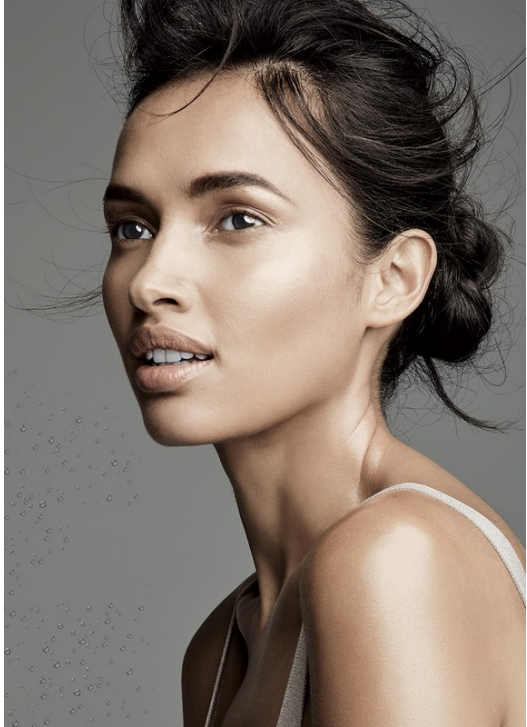
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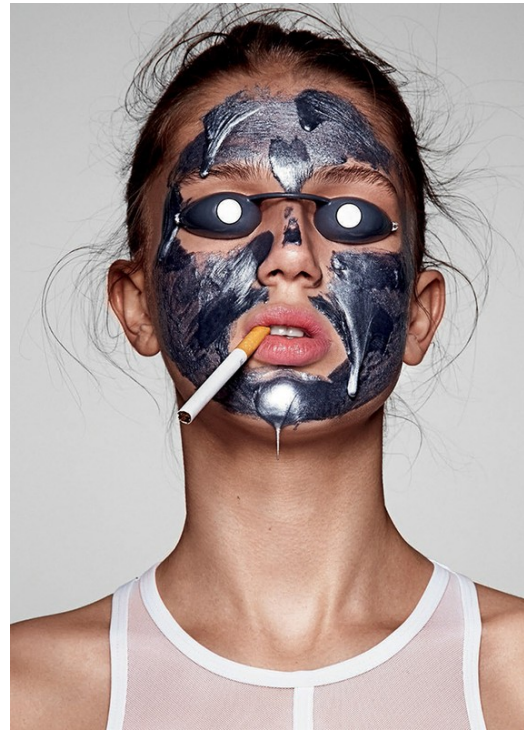
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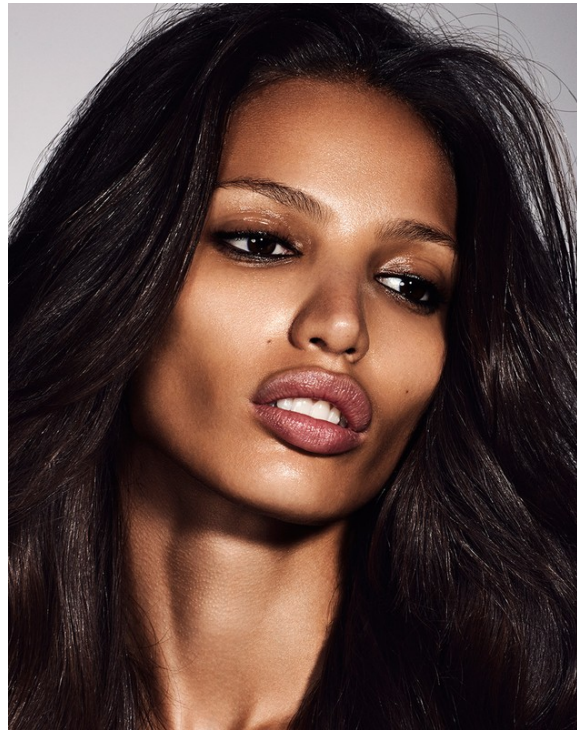
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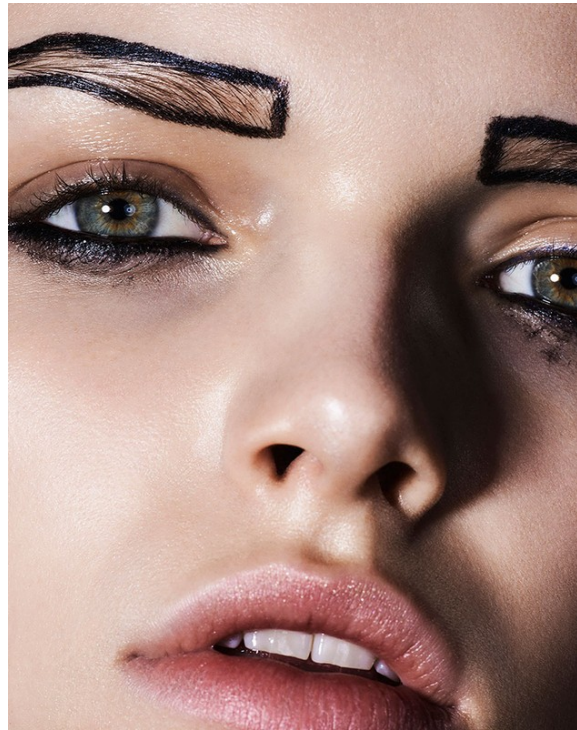
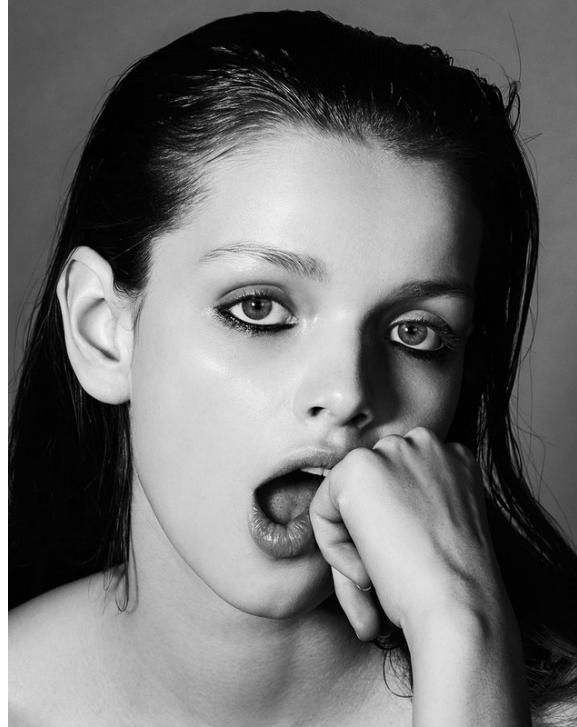
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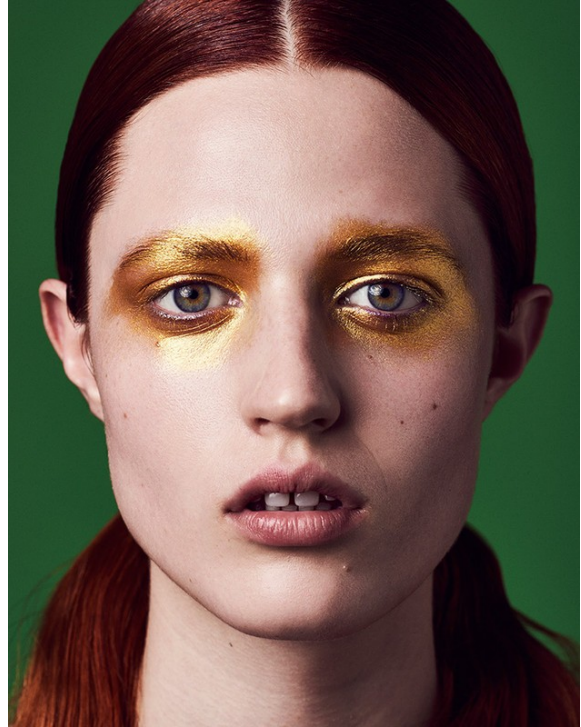
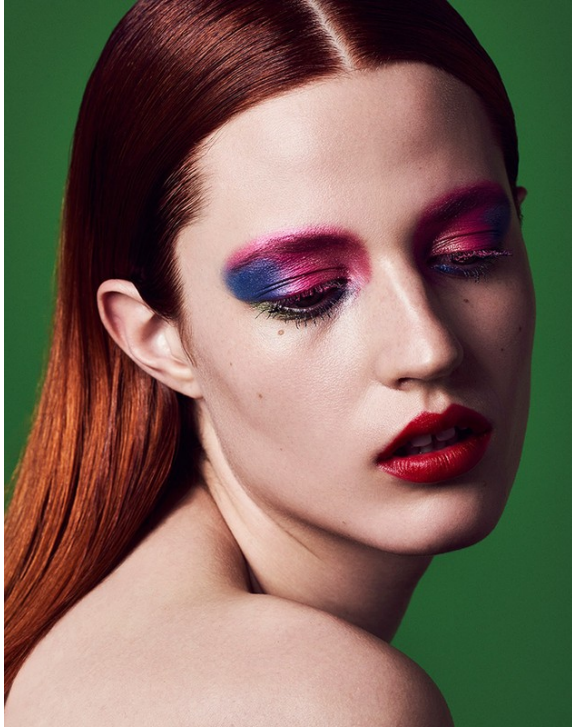
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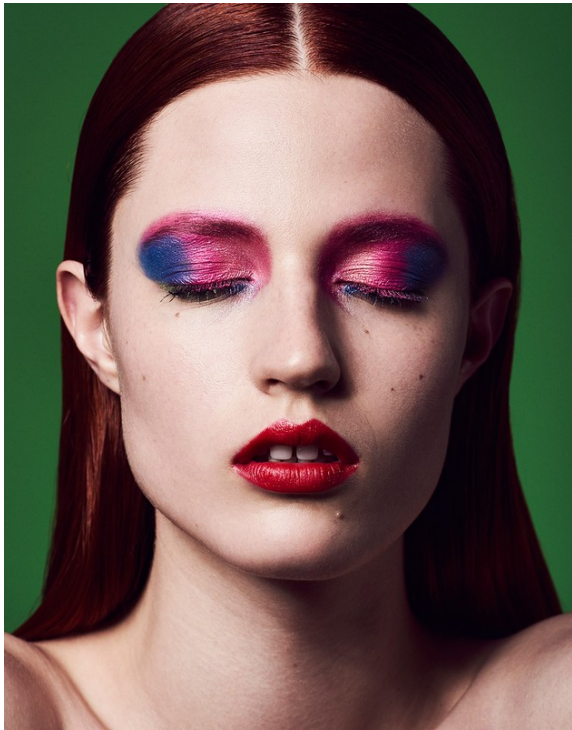
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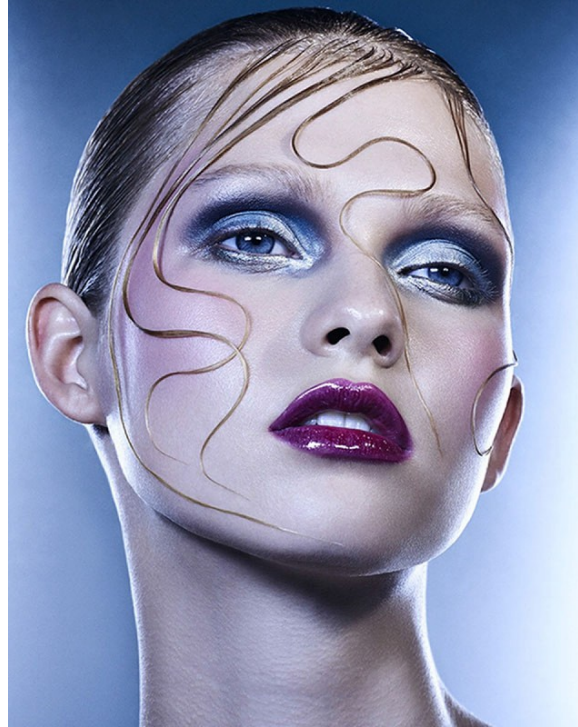
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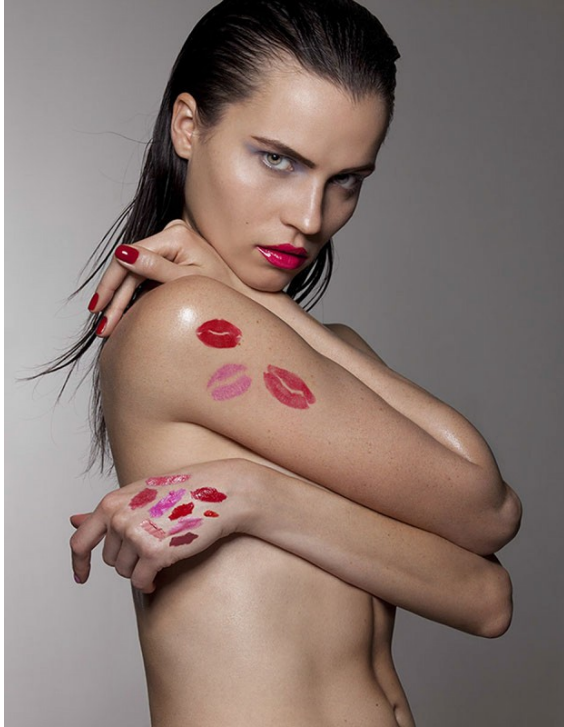
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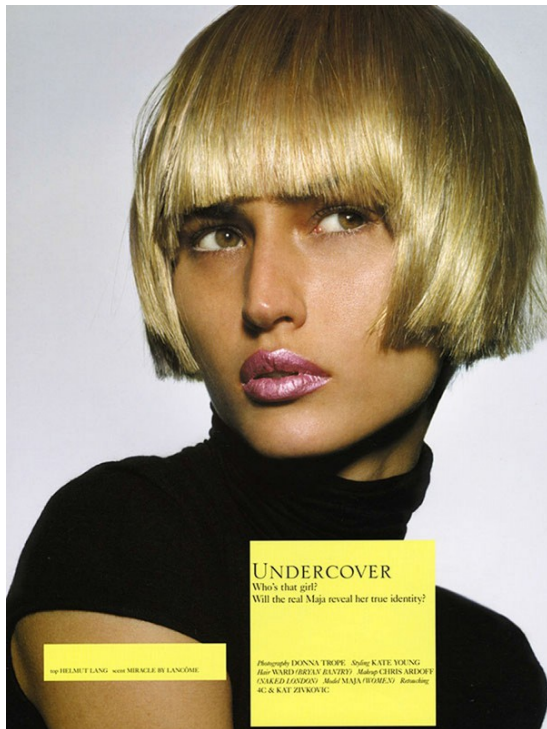
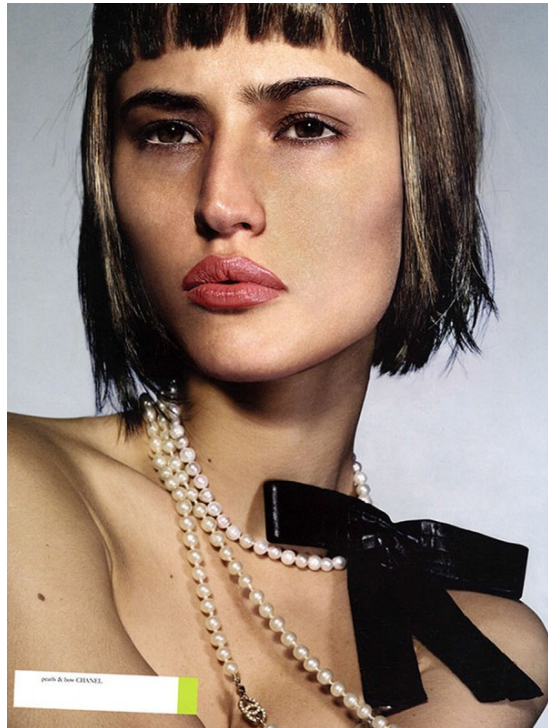
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BEAUTY
THE INSTANT EXPERT

WINGED LINER

The benefit: Lifted eyes
Been told you "look tired" one too many times lately? But don't fret—the corners of your eyes tend to be a little more droopy, says Duffell. "A wing at the outer corner gives eyes a more lift."

Apply with purpose: Use an ultra-fine-tipped liner brush to create a thin, dark line on the outer corner. Try an iconic Cergo *TrueLine Liquid Eye Liner* in black (\$20, cergo.com) or *CoverGirl Bombshell Intensity Liner* by LashArtist in *Chocolate Kiss* (\$7 at drugstores). Dark-colored liners don't provide enough definition, while brights can be distracting.

Start with the wing—Duffell trusts the length to "lead your way back and make the line thinner as you move inward."



PASTEL EYE SHADOW

The benefit: Larger, brighter eyes
Brown shadow might be a good everyday bet, but it's also pretty plain. "With light colors, it's like shining a flashlight on your gems, making them appear bigger and brighter," says makeup artist A.J. Cronin.

Apply with purpose: Almost any color (blue, green, peach) can make eyes look tired. But if you want to be strategic, Cronin's egg blue and fuchsia make eyes appear bigger, whether you're *Always Shadow Softies* in *Like, S!* at drugstores, pale peach (it's a sparkle in blue eyes), try *CoverGirl Eye Enhancer* in *Mid Shadow* in *Mid*, \$18, at drugstores, and for a more dramatic effect, enhance the green shades in hair with *the Makeup Artist New York Eye Expert Eye Shadow* in *Emerald Dream*, \$5, at drugstores. Reverse a chilly effect by choosing a shade with a hint of shimmer.

To further outshrine, first apply a fresh-colored shadow, says Duffell. Then layer the pastel from lash line to just above the crease. The finishing touch: heaps of false lashes.

cheek performance

A cape for choosing blush: blush instead of pink

- It's universally flattering. The golden undertones in peach add, well, to many skin tones, says Cronin.
- It doubles as bronzer. Instead of applying to the apples, drag it just underneath your cheekbones "to where they meet your jawline," says Cronin. "By cupping the face with warm color, you get a slimming effect."
- It contrasts from dark circles. Orange is opposite blue on the color wheel, so according to basic color theory, peach will high on the cheekbones, catch our eye, and blue tones under your eyes.



BEAUTY
THE INSTANT EXPERT

1. SHOW-OFF SPOT: Upper Chest
There's a lot women want to get off their chests—most notably, as spots and those dang diagonal lines that pop up in your thirties. A retinol cream, like *Strivectin-AL Advanced Retinol Night Treatment* (\$300, strivectin.com), builds up collagen over time to tackle both problems. Start with a pea-size dab two nights a week, work up to every night. For a faster fix, blur "peppering" lines by dusting a gold-toned shimmer powder over your chestline. Try *Victoria's Secret Smooth Skin Dimensional Shimmer Powder* (\$20, victoriassecret.com).

Sneak a Peek Skin

Make the most of spring's hottest fashion trend—dresses and skirts with strategic cutouts—that expose flashes of your chest, waist, and other alluring body parts—with our glowing pointers.

By Kristen Delfino

Christopher Ardoff

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彩妆篇 Makeup

肌肤篇 Skin

秀发篇 Hair

身体篇 Body

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B

皮肤长脂肪粒怎么办? 是因为保养品用得太多、营养过剩么? 如何去除?

脂肪粒

脂肪粒是一种俗称,医学上无此病,常说的脂肪粒包括两种:一是白头粉刺,最为普遍,皮肤上会有小颗粒,外覆有小开口或无开口,由毛囊开口不通畅所致,部分可能与清洁不到位和角质过厚有关。
解决方法:可自行代谢,若持续时间较长,通常需要一个疗程以上,可去医院请医生清除。

二是粟丘疹,外观跟白头粉刺,但更硬更白,好发于眼部和面部,病因不明,有遗传倾向,部分和日晒有关,也有可能由于眼周的小伤口或化妆品,如护肤品、化妆品引起。
解决方法:可请皮肤科医生,掌握正确的清除方法后,也可以在家消毒后清除。

三是汗管瘤,它们是小而扁的粒状物,当中没有硬粒,呈淡黄色或褐色,多发于面部、颈部、前胸等部位,密集且互不融合,汗管瘤多属良性增生,对健康没有影响但可能有碍容颜,和护肤品无关。
解决方法:如自行处理,必须到院咨询,由专业皮肤科医生制定针对性疗法,可采用冷冻、二氧化碳激光及电凝等处理。

怎样才能快速去除痘疤、痘印呢?

防晒

曾经以后遗留的暗红色印法就是大家通常所说的痘印,医学上叫做炎症后色素沉着,它是由于当时的痘痘比较严重或是长期治疗的时候处理不当,比如使用一些刺激性较强的药物,它可能会自然消退,但需要的时间比较长,通常需6-12个月,随着年龄增长,消退的速度会越来越慢,因此,在长痘痘的时候,正确的护理对于预防痘印的产生很重要。

对于已经出现的痘印,可通过注意防晒避免其颜色加深,同时外用一些含有高浓度维生素C的精华来淡化色素,如果产品中同时含有一些抗氧化剂,防晒的效果会更好,因为痘印与普通的色素不一样,需要细胞参与色素合成。

痘疤是痤疮后遗留的永久性隆起的疤痕,这种痘疤一旦形成,基本上不能自行消退,外用一些高浓度维生素C的保养品,可以促进皮肤的胶原合成,对于初期痘疤有一定帮助,但见效慢,需要长期持续使用,建议去医院采用脉冲光的治疗,一般1-3个疗程,一次3-4次一个疗程,由专业医生会根据你有一定的报告,在治疗的同时配合一些含有高浓度维生素C的美白产品和防晒产品,可以预防治疗部位再上色。

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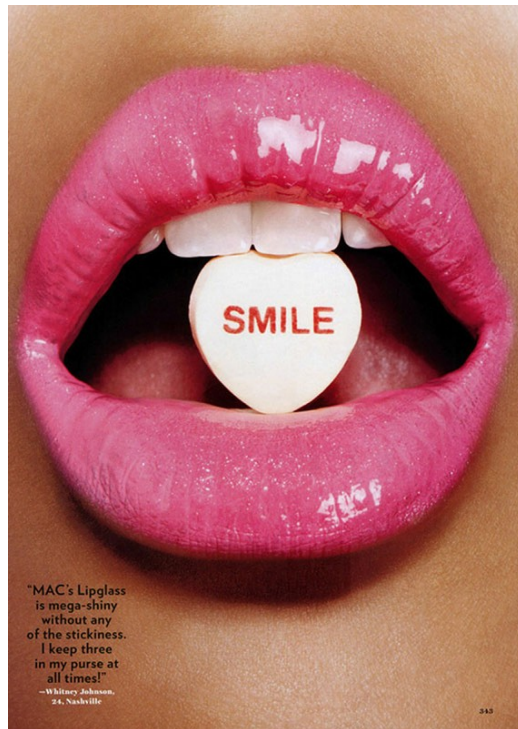


100% Ardoff
Hair: [unreadable]
Shades: [unreadable]
Lips: [unreadable]
Nails: [unreadable]
Dress: [unreadable]
Diet: [unreadable]
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"I've been using Great Lash ever since I could hold a mascara wand! It's clump-free and makes me feel instantly glamorous."
—Megan Connolly, 26, Ardmore, Pa.

Stylist: Maggie Mann
Model: Anna
Rutkin. Eyes: both at
Wagner Direct hair
MUA for Tim Howard
Makeup: [unreadable]
Chris Ardoff for Art
Department, manureto
Tanya Miller for
artdept@prano.com



"MAC's Lipglass is mega-shiny without any of the stickiness. I keep three in my purse at all times!"
—Whitney Johnson, 24, Nashville

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A RITMO DE ROCK
Cantantes coloridos como Katy Perry, Estelle, Young Jeezy y Missy Elliott, se unen a deportistas de la talla de David Beckham y Kevin Garnett. Como parte de la nueva campaña deportiva nuestra **LA DIVERSION EN TODA SU EXPRESIÓN.** Ya no tienes que esconderte al lado más deportivo. Chaqueta técnica. Hombres. Fútbol. de Adidas Originals.



DE ALTA TECNOLOGÍA

A partir de los años 60 comenzó el resurgido de los materiales sintéticos, la revolución de las texturas y los colores y las formas. **YA NO EXISTEN LÍMITES** Chaqueta y reloj digital, ambos de adidas Originals. En esta campaña: realización y estilismo, Sarah Gore-Rivers; modelo, Lydia Hearst; maquillaje, Christopher Ardoff; Dermalógica para Art Department, asistente de moda, Anna Campbell y Claudia Telemas.



LA FUERZA DEL COLOR

Cada personalidad es diferente y eso lo sabe adidas Originals. Solo te falta tu propia música y estás lista para esta nueva aventura. Diviértete y adiverte con el juego de múltiples tonalidades eléctricas desde la **ESTRELLA ERES TÚ.** La marca también fusiona los aspectos técnicos de la ropa deportiva con el diseño contemporáneo. Chaqueta TV Dams; de adidas Originals by Originals Jeremy Scott; cinturón ancho de adidas Originals.

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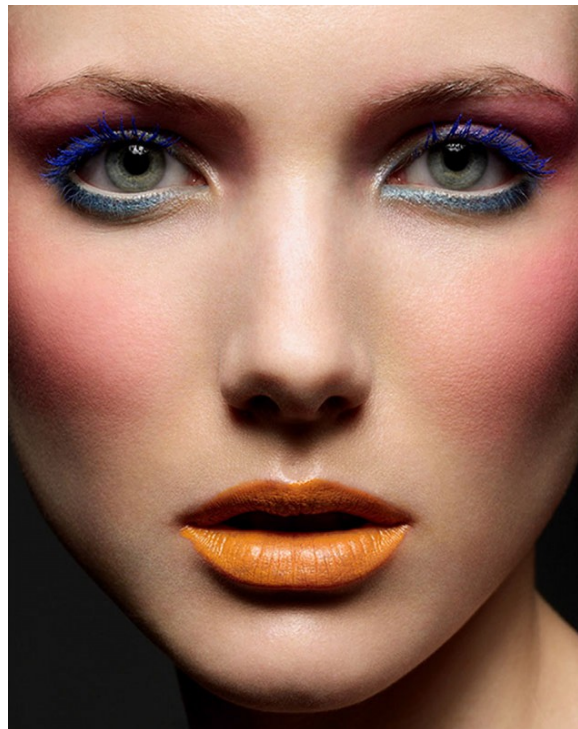
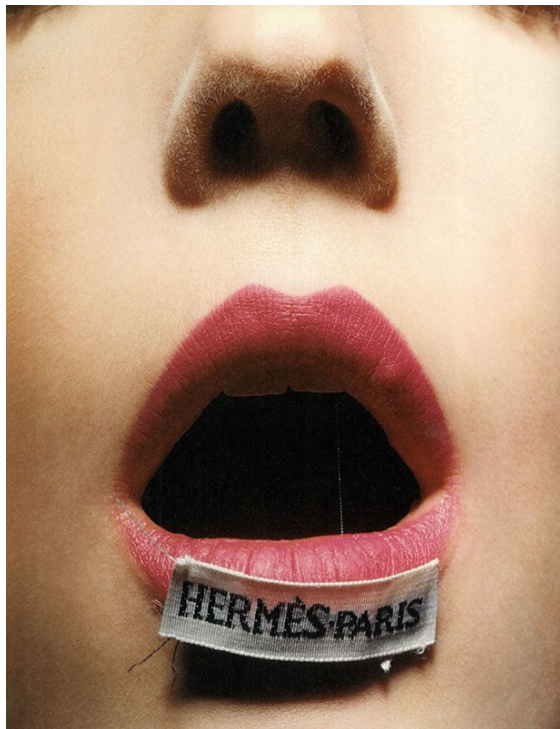
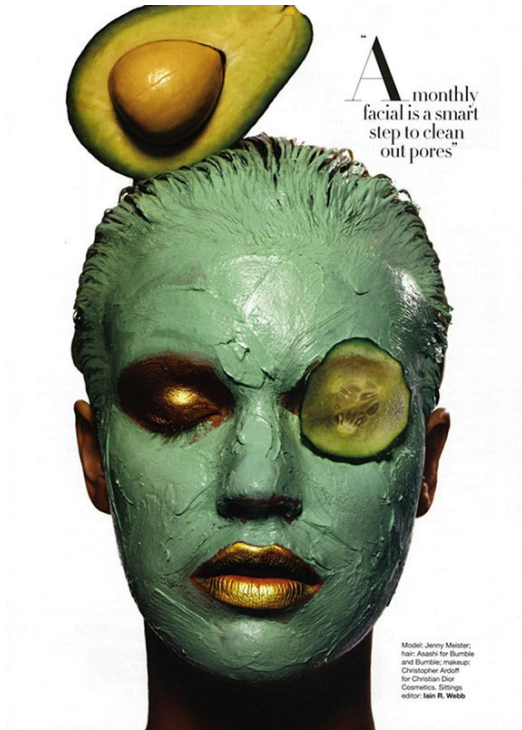
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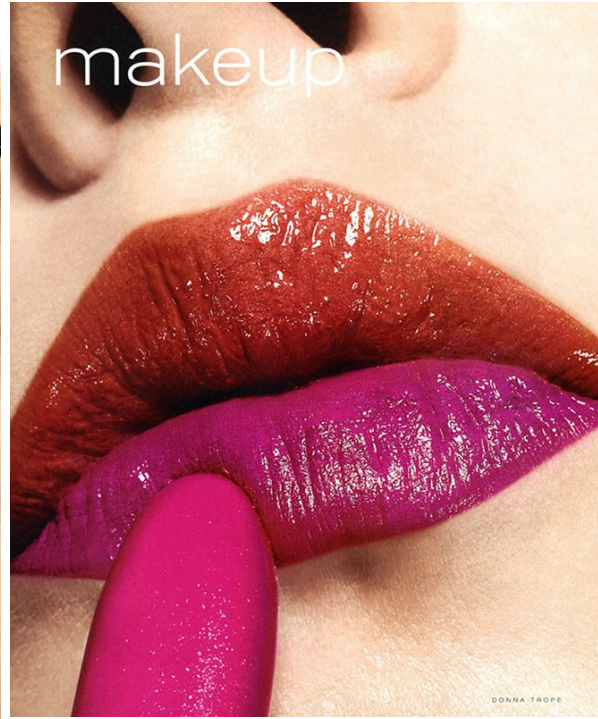
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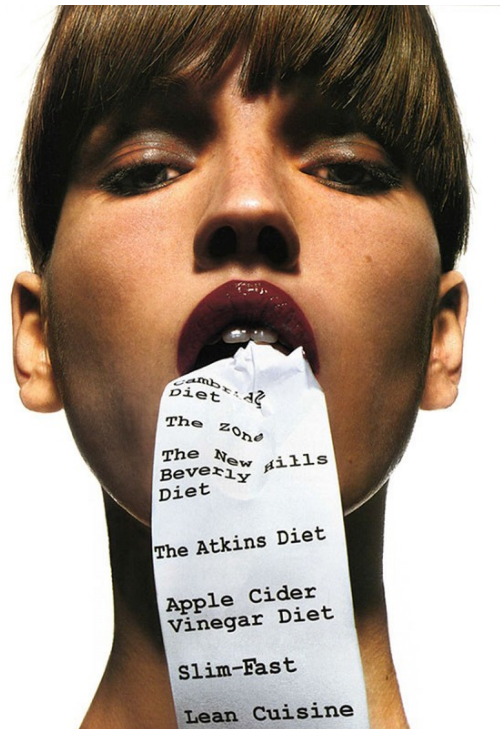
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